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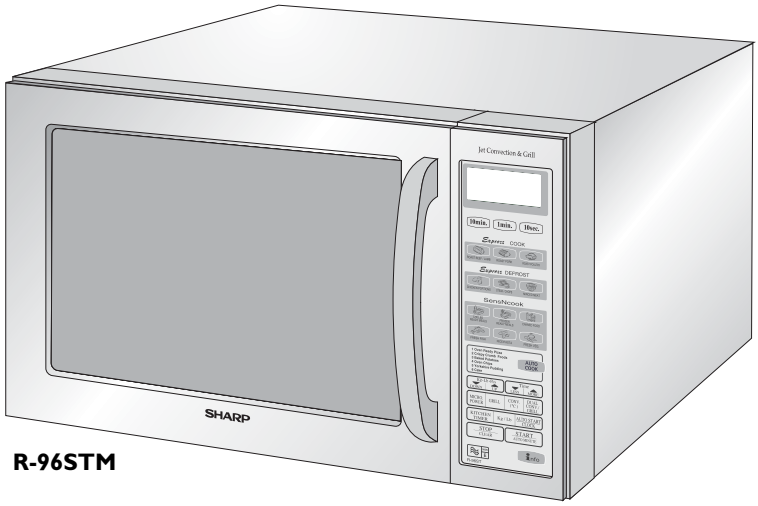
SHARP

OPERATION MANUAL



R-96STM

R-957M / R-95STM

MICROWAVE OVEN
with GRILL and CONVECTION

R-967M / R-96STM

MICROWAVE OVEN
with SENSOR, GRILL
and CONVECTION

900W (IEC 60705)

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT:

There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website:

www.sharp.co.uk/customersupport

Customers without Internet access may telephone:

08705 274277 (9am - 5pm)

(01) 676 0648 (from Ireland)

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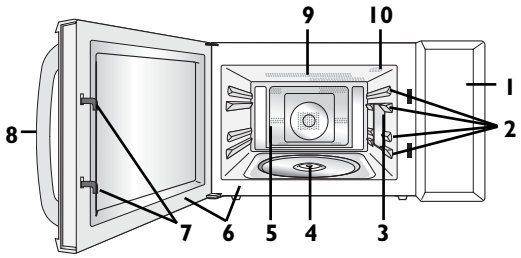
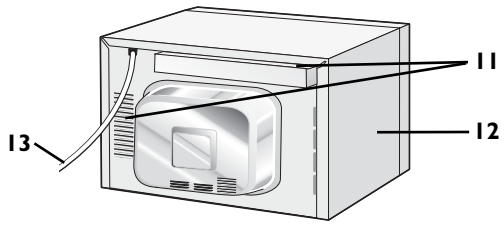
YOUR OVEN AND ACCESSORIES





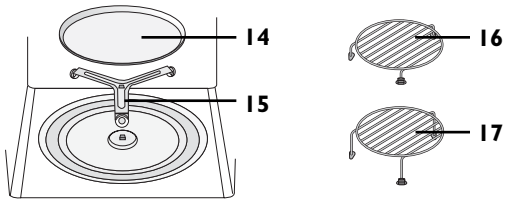
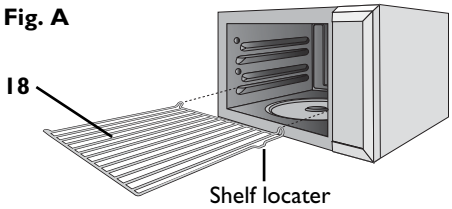


Fig. A



OVEN:

1. Control panel
2. Shelf runners
3. Waveguide cover (DO NOT REMOVE)
4. Coupling
5. Oven cavity
6. Door seals and sealing surfaces
7. Door latches
8. Door opening handle
9. Grill heating element
10. Oven lamp
11. Ventilation openings
12. Outer cabinet
13. Power cord

ACCESSORIES:

Check to make sure the following accessories are provided:

14. Turntable
15. Turntable support
16. Low rack
17. High rack
18. Shelves (x2)

- Place the turntable support into the coupling in the centre of the oven floor, TOP side up (TOP is engraved on one side).
- Place the turntable onto the turntable support.
- When using the shelves, place them onto the shelf runners as shown in Fig. A. Ensure the shelf locater is on the right hand side.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the accessories, refer to the grilling, dual cooking and convection sections on pages 13 to 17.

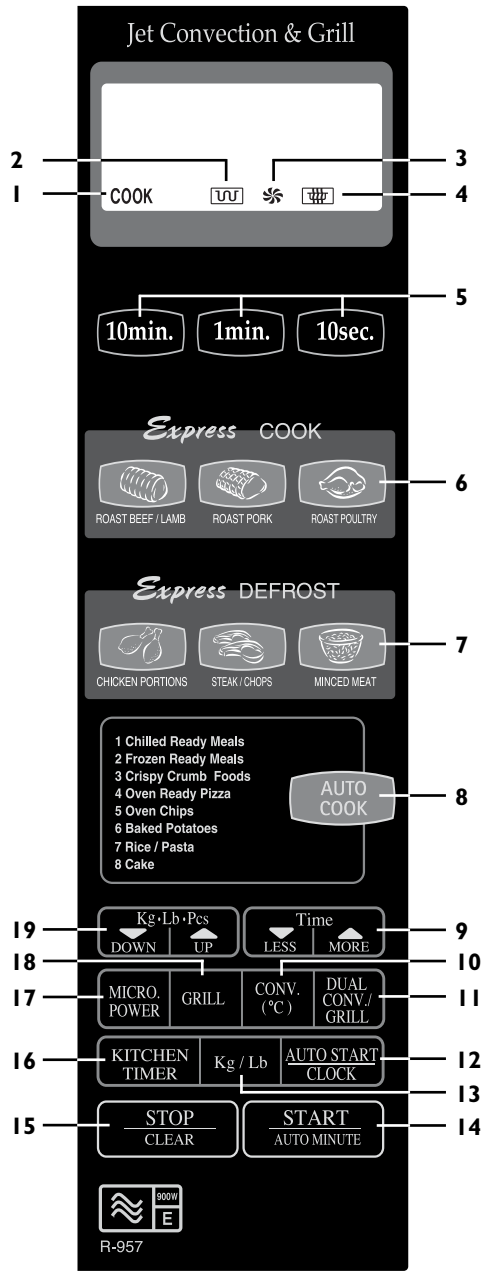
Never touch the grill when it is hot.

NOTES:

- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity and especially the grill heating element thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please quote both the **PART NAME** and **MODEL NUMBER** to your dealer or SHARP approved service facility. The model number is located at the bottom of the control panel.

⚠ WARNING:
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

CONTROL PANEL (R-957M / R-95STM)



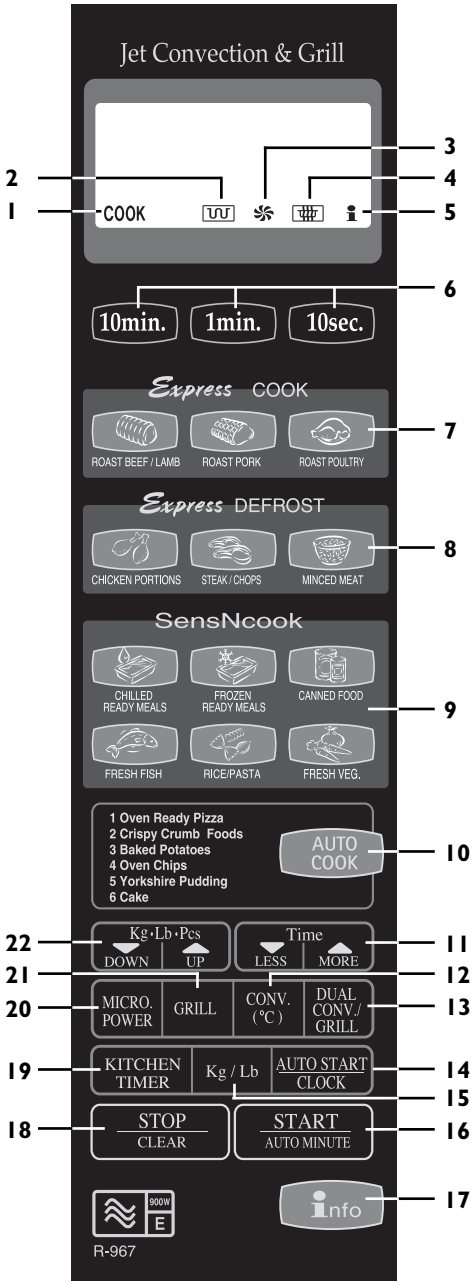
DIGITAL DISPLAY INDICATORS:

1. **COOK**
2. **GRILL**
3. **CONVECTION**
4. **MICROWAVE**

KEYS:

5. **TIME**
6. **EXPRESS COOK**
7. **EXPRESS DEFROST**
8. **AUTO COOK**
9. **LESS/MORE**
10. **CONV. (°C)**
11. **DUAL CONVECTION/GRILL**
12. **AUTO START/CLOCK**
13. **WEIGHT CONVERSION**
14. **START/AUTO MINUTE**
15. **STOP/CLEAR**
16. **KITCHEN TIMER**
17. **MICRO. POWER**
18. **GRILL**
19. **WEIGHT**

CONTROL PANEL (R-967M / R-96STM)



DIGITAL DISPLAY INDICATORS:

1. **COOK**
2. **GRILL**
3. **CONVECTION**
4. **MICROWAVE**
5. **INFO**

KEYS:

6. **TIME**
7. **EXPRESS COOK**
8. **EXPRESS DEFROST**
9. **SENSNCOOK**
10. **AUTO COOK**
11. **LESS/MORE**
12. **CONV. (°C)**
13. **DUAL CONVECTION/GRILL**
14. **AUTO START/CLOCK**
15. **WEIGHT CONVERSION**
16. **START/AUTO MINUTE**
17. **INFO**
18. **STOP/CLEAR**
19. **KITCHEN TIMER**
20. **MICRO. POWER**
21. **GRILL**
22. **WEIGHT**

IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic use only.
- Never operate when empty, except as directed in the 'Grill cooking' section on page 13.
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch the oven off immediately, unplug it and call a SHARP approved service facility. (See page 43).
- Never move the oven while it is operating.
- The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

⚠ WARNING: Do not allow children to use the oven without supervision until adequate instructions have been given, so that the child is able to use the oven in a safe way and understands the hazards of improper use.

LIQUIDS: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/ reheating, let liquid stand for at least 20 seconds in the oven after cooking.

FIRE: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

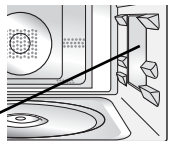
INSTALLATION

⚠ WARNING:
Inspect the Oven:

- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:
If any damage is apparent, do not operate the oven in any way, until it has been repaired by a SHARP trained engineer. (See page 43 for details).

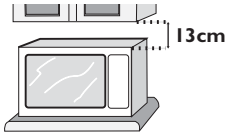
1. Remove all packing materials including the feature sticker (if present). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE THE WAVEGUIDE COVER.



2. The oven door will become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor. Ensure the surface or mounting position is strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

INSTALLATION

3. The minimum height of free space necessary above the top surface of the oven is 13cm.



4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
5. Make sure the power supply cord is undamaged (See "ELECTRICAL CONNECTION" opposite).
   Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.
6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.

BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit.
The microwave oven is not designed to be built above or near a conventional oven.
SHARP recommend the use of the build in kit **EBR-9900** (for R-957M/R-967M) or **EBR-99ST** (for R-95STM/R-96STM), available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven.

⚠ WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 43.

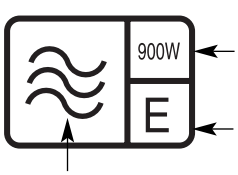
ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a SHARP approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.
- If the plug fitted to your oven is a rewireable type and in the event of the socket outlet in your home not being compatible with the plug supplied, remove the plug properly (do not cut off).
- If the plug fitted to your oven is a non-rewireable type and in the event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug.
- Refit with a suitable type, observing the wiring code given in `To replace the mains plug' on page 43.

IMPORTANT!

- The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
- Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
- The plug must not be used without the fuse cover fitted.
- If you have any doubt about your microwave oven obtain the help of a qualified electrician.
- When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

HEATING CATEGORY



Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Microwave Symbol.

OVEN OUTPUT POWER	Less heating time required → 600 700 800 900 1000 Watts ← More heating time required
OVEN OUTPUT CATEGORY	Less heating time required → A B C D E ← More heating time required

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

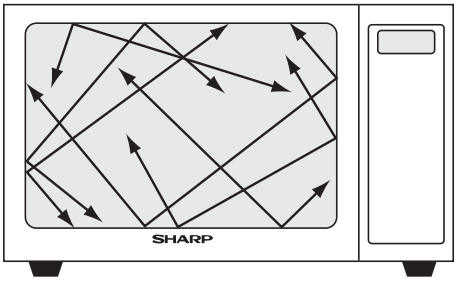
Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required as shown opposite.

HOW YOUR OVEN WORKS

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the wave guide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door.
During cooking the microwaves bounce off the sides of the oven cavity at random.



Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on page 37).

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

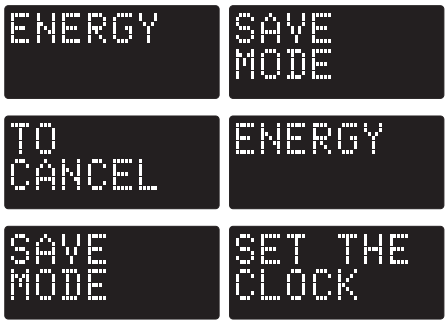
BEFORE OPERATION

Your oven has an energy save mode.

1. Plug in the oven. Nothing will appear on the display at this time.
2. Open the door. The display will flash the message shown.
3. Close the door. The display will show " . 0".

NOTE: When new, the very first time the grill is used, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grill without food for approx. 20 minutes.
(Please refer to note on page 13.)

2.



3.

MICROWAVE POWER LEVELS

Power Level	Press the MICRO. POWER key	Percentage
HIGH	x 1	100%
MEDIUM HIGH	x 2	70%
MEDIUM	x 3	50%
MEDIUM LOW (Defrost)	x 4	30%
LOW (Defrost)	x 5	10%

MICROWAVE POWER KEY

- Your oven has 5 power levels, as shown opposite.
- To change the power level for cooking, enter the cooking time and then press the **MICRO. POWER** key.

Power level:
The microwave power level is varied by the microwave energy switching on and off.
When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will cook at 100% unless you press the **MICRO. POWER** key to the desired setting.

Check the power level:
To check the microwave power level during cooking, press the **MICRO. POWER** key.
As long as your finger is pressing the **MICRO. POWER** key the power level will be displayed.
The oven continues to count down although the display will show the power level.

ENERGY SAVE MODE

Your oven has an Energy Save Mode.
This facility saves electricity when the oven is not in use.

- If the oven is not used, it will default to Energy Save Mode after 3 minutes. The display is blank and the oven cannot be operated.
- To operate the oven, open and then close the door. "0" will be displayed and the oven is ready to use.

To cancel Energy Save Mode, set the clock. (Please refer to page 10.)

To cancel the clock, follow the procedure opposite. (This will restart Energy Save Mode.)

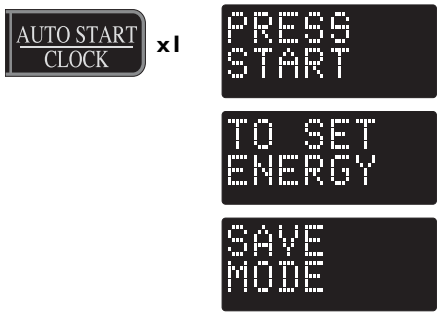
Notes:

- If you unplug your oven at any stage you will have to reset the clock to cancel Energy Save Mode.
- If the clock has been set, cancelling Energy Save Mode, then your oven has a safety feature which prevents **SENSOR COOK** and **START/AUTO MINUTE** key from working if the oven has not been in use for more than 3 minutes. Press the **STOP/CLEAR** key or open and close the door to re-use the oven.

1. Time of day appears on the display.

2. Press the **AUTO START/CLOCK** key once.

3. Press the **AUTO START/CLOCK** key again.



4. Press the **START/AUTO MINUTE** key once. The power will be off and the display will show nothing

SETTING THE CLOCK

Your oven has a 12 hour clock.

- To select the 12 hour clock, press the **AUTO START/CLOCK** key once.

x1

To set the time of day follow the instructions opposite.

NOTES:

- Press the **STOP/CLEAR** key if you make a mistake during programming.
- If you press any of the **TIME** keys too many times, continue to press the key until the desired time re-appears.
- To check the time of day during a cooking process, press the **AUTO START/CLOCK** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show ".0" when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show ".0" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the opposite example again.

1. Select the clock.

x1

2. Enter the hours by pressing the **TIME** keys.

3. Press the **AUTO START/CLOCK** key again.

x1

4. Enter the minutes by pressing the **TIME** keys.

5. To start the clock, press the **AUTO START/CLOCK** key again.

x1

HOW TO OPERATE YOUR OVEN

Opening and closing the door:
To open the oven door, pull the door opening handle.

Starting the oven:
Close the door and press the **START/AUTO MINUTE** key.

Stopping the oven:
If you want to stop the oven during cooking, press the **STOP/CLEAR** key once or open the oven door.
If you want to cancel the cooking programme, press the **STOP/CLEAR** key twice.

Your oven enables you to cook and defrost food using the automatic programmes, or to cook and defrost food manually.
Automatic cooking and defrosting allows you to cook and defrost using preset programmes where the timings have been calculated for you, e.g **Express Cook** and **Express Defrost**.

Manual cooking and defrosting allows you to cook/defrost foods and weights which are not included in the automatic programmes.
The following are examples of manual cooking and defrosting.
For automatic cooking and defrosting refer to pages 18 - 28.

MANUAL COOKING

- Enter the cooking time.
- Select the cooking mode; MICROWAVE, GRILL, CONVECTION, DUAL GRILL and DUAL CONVECTION can be selected.
- Stir or turn the food, where possible, 2 - 3 times during cooking, if required.
- After cooking, cover the food and leave to stand, if required.
- Refer to the cooking charts in the Cookery Book, pages 4 - 10.

Example:
To cook for 2 minutes 30 seconds on 70% microwave power.

1. Enter the cooking time by pressing the **1 MIN.** key twice, then the **10 SEC.** key three times.

x2

x3

2. Input the power level by pressing the **MICRO. POWER** key twice.

x2

3. Press the **START/AUTO MINUTE** key once to start cooking.

x1

The display will count down through the cooking time.

HOW TO OPERATE YOUR OVEN

MANUAL DEFROSTING

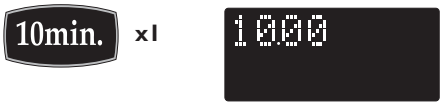
- Enter the defrosting time and use microwave power levels 10% or 30% to defrost (refer to page 8).
- Stir or turn the food, where possible, 2 - 3 times during defrosting.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.
- Refer to the defrosting charts in the Cookery Book, page 3.

NOTES FOR MANUAL COOKING AND DEFROSTING:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anti-clockwise.
- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When cooking/defrosting is complete, the time of day will reappear on the display, if the clock has been set.
- If you want to know the power level during cooking, press the **MICRO. POWER** key. As long as your finger is touching the key, the power level will be displayed.

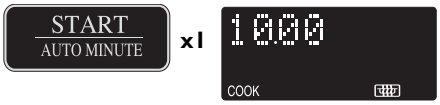
Example:
To defrost for 10 minutes on 30% microwave power.

1. Enter the defrosting time by pressing the **10 MIN.** key once.



2. Input the power level by pressing the **MICRO. POWER** key 4 times.

3. Press the **START/AUTO MINUTE** key once to start defrosting.



The display will count down through the defrosting time.

GRILL COOKING

The grill at the top of the oven cavity has one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning.
Use the racks for grilling small items of food such as bacon, gammon and teacakes, turn over halfway through grilling.
Food can be placed either directly onto the racks, or into a flan dish/heat-resistant plate on the racks.

NOTE: When new, the very first time the grill is used, smoke and odour will be given off.
To avoid this happening when food is being cooked, heat the grill without food for approx. 20 minutes.

NOTES:
- It is not necessary to preheat the grill before cooking.
- Follow the recommended grilling times and procedures in the charts on page 9 in the Cookery Book.
- When browning foods in a deep container, place on the turntable or low rack.
- The shelves are not suitable for grill cooking.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

Example:
To grill for 20 minutes, using GRILL.

1. Enter the grilling time by pressing the **10 MIN.** key twice.

2. Select GRILL by pressing the **GRILL** key once.

3. Press the **START/AUTO MINUTE** key once to start grilling.

The display will count down through the grilling time.

⚠ WARNING:
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

PREHEATING THE OVEN

Your oven can be preheated to a desired temperature prior to convection cooking.

NOTES:

- When the oven is preheating, the turntable should be in the oven.
- When the oven reaches the desired temperature, the audible signal will sound and the temperature will be displayed in °C.
  Do not press the STOP/CLEAR key after opening and closing the door, as this will cancel the Convection mode.
- The preheated temperature will be maintained for approximately 30 minutes.
  After this time, preheat will be cancelled.
- During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and will not affect the cooking.
- You can check the actual temperature during preheating by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the oven operation.
- If you prefer not to preheat the oven where recommended in the Cookery Book, allow extra cooking time.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This will not affect the cooking results as long as the operation manual and Cookery Book are followed correctly.

Example:
To preheat the oven to 180°C.

1. Enter the temperature by pressing the **CONV. (°C)** key 6 times.

x6

2. Press the **START/ AUTO MINUTE** key once to start preheating.

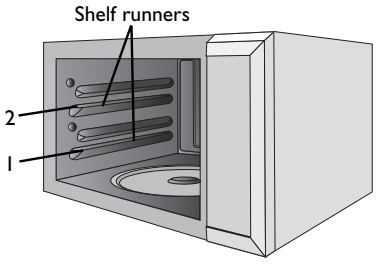
x1

3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and press the **START/AUTO MINUTE** key.

NOTE FOR SHELVES:

When using the shelves follow the notes below:

- The correct position for the shelves is 1 and 2, as shown in the diagram below.
- Do not place food weighing more than 5kg on the shelves.
- When removing the food, pull the shelf until it is slightly locked, then remove the food.



⚠ WARNING:
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

CONVECTION COOKING

CONV. (°C)

The temperatures available in °C are:
250°C, 230°C, 220°C, 200°C, 190°C, 180°C, 160°C, 130°C, 100°C, 40°C.

Convection cooking is ideal for cooking cakes, buns, biscuits, scones and for proving bread at 40˚C.

To achieve the best results when cooking by CONVECTION:

- Use the lower shelf for one layer cooking unless food manufacturer's instructions differ.
- Use the lower and upper shelves for two layer cooking.
- Rotate the cookware 180 degrees after half the cooking time.
- Where possible, place food in its container directly onto the shelf.
- The turntable should be in the oven when using the shelves.
- Although this product is a conventional convection oven, consideration has to be given to the smaller size and power of the product in comparison to a standard kitchen oven, so the final result may vary.
- When cooking chilled or frozen foods on CONVECTION mode, allowance must be given to heat loss after the preheat cycle due to the insertion of the food.

NOTES:

- When the oven is preheating, the turntable should be in the oven.
- When using the **CONV. (°C)** key, all metal cookware can be used. (See 'Suitable Cookware' on page 37).
- Follow convection times and procedures in the charts and recipes in the Cookery Book.
- Food manufacturers instructions are only a guide-line, so cooking times may need to be adjusted.
- Pressing the **CONV. (°C)** key during cooking will display the programmed temperature. This will not affect the programme or cooking time.
- Always check the food is piping hot before consuming.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".
- Heat generated by the oven during convection cooking may cause the backplate of the oven to discolour. This is completely normal and will not affect the performance of the oven.

Example:
To cook for 20 minutes at 200°C convection.

1. Enter the cooking time by pressing the **10 MIN.** key twice.

2. Input the temperature by pressing the **CONV. (°C)** key 4 times.

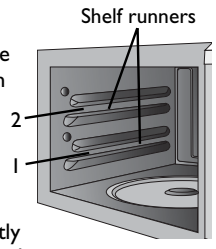
3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

NOTE FOR USING SHELVES:

When using the shelves follow the notes below to prevent them slipping out:

- The correct position for the shelves is 1 and 2, as shown in the diagram.
- Do not place food weighing more than 5kg on the shelves.
- When removing the food, pull the shelf until it is slightly locked, then remove the food.



⚠ **WARNING:**
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

DUAL COOKING

DUAL CONV./ GRILL

Dual Cook combines microwave power with convection or the grill.

The combination of microwave power with convection or the grill reduces cooking time and provides a crisp, brown finish.

There are two Dual Cook modes:
1. Dual Convection - Convection with microwave.
2. Dual Grill - Grill with microwave.

To select the Dual Cook mode required, enter the cooking time and follow the table below.

Dual Cook Mode	Press DUAL CONV./GRILL key
DUAL CONVECTION (Convection and Microwave*)	Once
DUAL GRILL (Top and Microwave*)	Twice

NOTES:
- Dual Cook is preset with 30% microwave power. If you wish to change the microwave power level, press the **MICRO. POWER** key until the desired power level is shown on the display.
  * You can select power levels 10%, 30%, 50% and 70% for DUAL CONVECTION.
  * You can select power levels 10%, 30%, 50%, 70% and 100% for DUAL GRILL.
- DUAL CONVECTION is preset with 250°C convection. To adjust the convection temperature, press the **CONV. °C** key.

⚠ **WARNING:**
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

Example for Microwave and Convection:
To cook for 20 minutes using Dual Convection, 230°C, 10% microwave power.

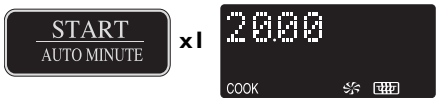
1. Enter the cooking time by pressing the **10 MIN.** key twice

2. Select Dual Convection by pressing the **DUAL CONV./GRILL** key once.

3. Change the temperature by pressing the **CONV. °C** key once.

4. Change the power level by pressing the **MICRO. POWER** key once.

5. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

DUAL COOKING

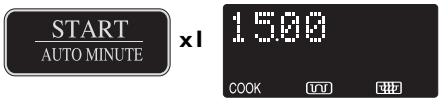
Example for Microwave and Grill:
To cook for 15 minutes using Dual Grill, 50% microwave power.

1. Enter the cooking time by pressing the **10 MIN.** key once and the **1 MIN.** key 5 times.

2. Select Dual Grill by pressing the **DUAL CONV./GRILL** key twice.

3. Change the power level by pressing the **MICRO. POWER** key 4 times.

4. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

NOTES:

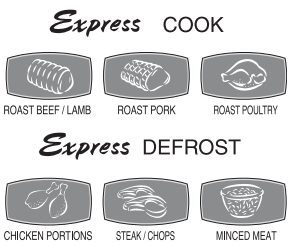
- For DUAL GRILL it is not necessary to preheat the grill.
- Use the high rack and low rack for Dual Cooking (refer to the cooking charts in the Cookery Book, pages 6 - 9.)
- The shelves are not suitable for Dual Cooking.
- Follow the recommended dual cooking times and procedures in the charts on pages 6 - 9 in the Cookery Book.
- When browning foods in a deep container, place on the turntable or low rack.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This will not affect the cooking results as long as the operation manual and Cookery Book are followed correctly.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

⚠ WARNING:
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

EXPRESS COOK / EXPRESS DEFROST

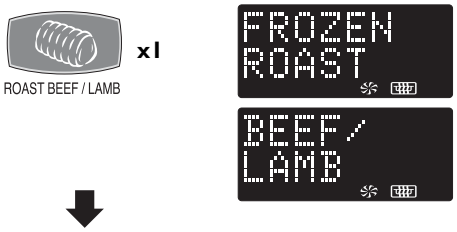
EXPRESS COOK enables you to cook 3 popular menus from frozen or chilled. Please refer to the chart on page 19.
EXPRESS DEFROST enables you to defrost 3 popular menus. Please refer to the chart on page 20.

Follow the examples below for details on how to operate these functions.



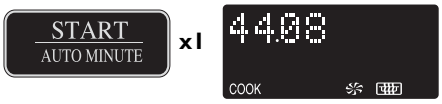
EXPRESS COOK Example:
To cook 0.6kg of Roast Beef from frozen.

1. Press the **ROAST BEEF/LAMB** key once to select cooking from frozen.



2. Enter the weight by pressing the **WEIGHT UP** key once.

3. Press the **START/AUTO MINUTE** key once to start cooking.



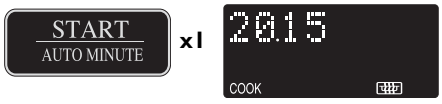
The display will count down through the cooking time.

EXPRESS DEFROST Example:
To defrost 1.2kg of Chicken portions.

1. Press the **CHICKEN PORTIONS** key once.

2. Enter the weight by pressing the **WEIGHT DOWN** key once.

3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

NOTES:
- If the **DOWN** (▼) **WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP** (▲) **WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.

EXPRESS COOK / EXPRESS DEFROST

EXPRESS COOK CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
Roast Beef/Lamb ROAST BEEF / LAMB **x1:** Frozen **x2:** Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** Select **MORE** for well done. It is not possible to use the **LESS** key for beef/lamb.
Roast Pork ROAST PORK **x1:** Frozen **x2:** Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for pork.
Roast Poultry ROAST POULTRY **x1:** Frozen **x2:** Chilled	1.2kg - 3.6kg	• Pierce skin (chilled only) a few times and place poultry, breast side down, in a flan dish on the low rack. • Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over. • After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for poultry. This menu is only suitable for cooking whole poultry.

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

⚠ WARNING:
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

NOTES FOR EXPRESS COOK / EXPRESS DEFROST:

- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key as instructed in the chart above.
- When action is required (example, to turn food over), the oven stops, the audible signals sound and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- All menus on EXPRESS COOK use a combination of microwave power and convection.
- The shelves are not suitable for EXPRESS COOK/EXPRESS DEFROST.
- Before freezing foods, ensure food is fresh and of good quality.

EXPRESS COOK / EXPRESS DEFROST

EXPRESS DEFROST CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
Chicken Portions	0.3kg - 1.2kg Approx. weight of each portion: leg portions = 300g breast with wing portions = 400g	• Place portions, best side-up, in a flan dish on the turntable. • Turn portions over when the audible signal sounds. • Stand, wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.
Steaks/Chops	0.2kg - 1.2kg	• Place steaks/chops in a flan dish on the turntable. • Turn over and rearrange when the audible signal sounds. • Stand, wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.
Minced Meat Beef/Lamb/Pork	0.2kg - 1.0kg	• Place minced meat in a flan dish on the turntable. • Turn over and remove any defrosted parts when the audible signal sounds. • Stand (if required), wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.

• Frozen foods are defrosted from -18°C.

NOTES FOR EXPRESS DEFROST:

- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Do not cook the meat or poultry until thoroughly defrosted.
- Do not use the racks or shelves for defrosting.

WEIGHT RANGE FOR EXPRESS COOK / EXPRESS DEFROST:

- Weigh all meat and poultry prior to cooking/defrosting as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- **You are restricted to cook/defrost a weight within the range given in the charts.**
- To cook/defrost weights or foods not included in these charts, please refer to the charts in the Cookery Book.
- You can enter the weight in Lb/oz or Kg/g. To change to either weight unit press the **WEIGHT CONVERSION** key once before entering the weight. See page 32.

AUTOCOOK

AUTOCOOK enables you to cook the foods listed on the control panel.

R-957M / R-95STM

R-967M / R-96STM

For cooking instructions please refer to the charts on pages 22 - 25.

Press the **AUTOCOOK** key until the number corresponding to the food listed on the control panel, appears in the display.

Follow the example opposite for more details on how to operate this function.

NOTES:

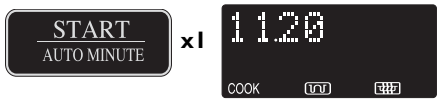
- If the **DOWN** (▼) **WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP** (▲) **WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.
- You can select the menu by holding down or pressing the **AUTOCOOK** key until the desired menu is displayed.

Example:
To cook 0.3kg of Oven Chips (AUTOCOOK 4).

1. Select the menu required by pressing the **AUTOCOOK** key 4 times.

2. Enter the weight by pressing the **WEIGHT UP** key 3 times.

3. Press the **START/AUTO MINUTE** key once to start cooking.



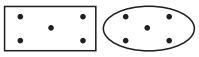
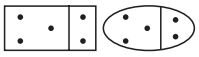
The display will count down through the cooking time.

NOTE: The example above is for models R-967M and R-96STM.
For models R-957M and R-95STM, select AUTOCOOK 5 at step 1, then follow the steps 2 and 3 as shown.

⚠ **WARNING:**
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

AUTOCOOK

R-957M / R-95STM AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 1 Chilled Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.3kg - 0.8kg	• See and follow the IMPORTANT NOTE FOR READY MEALS on page 23. • For one section containers use a skewer to pierce film in 5 places.  • For two section containers, pierce using a skewer.  Pierce meat/main section 3 times and rice/pasta section twice. • For food contained in bag(s), pierce 5 times on one side. Cook pierced side-up. • Where bags come already perforated, do not pierce. • Place on the turntable. • Stir, if possible, when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTES:** • For **stirrable** foods, including food in bags, stir or manipulate contents when the audible signal sounds. • For **non-stirrable** foods, press the **MORE** key. (It is not necessary to stir.) • It is not possible to use the **LESS** key for these menus.
AUTOCOOK 2 Frozen Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.3kg - 0.8kg	
AUTOCOOK 3 Crispy Crumb Foods Chilled & Frozen e.g. Fish fingers, Chicken nuggets, Chicken escalopes	0.1kg - 0.4kg	• Place the food in a flan dish on the high rack. • Turn the food over when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTE:** For Frozen Crispy Crumb foods use the **MORE** key.
AUTOCOOK 4 Oven Ready Pizza	0.2kg - 0.8kg	• Place the pizza directly on to the low rack. **NOTES:** • For Frozen Pizza use the **MORE** key. • For very thin pizza use the **LESS** key.
AUTOCOOK 5 Oven Chips Frozen	0.1kg - 0.4kg	• Place the chips in a flan dish on the high rack. • Turn the chips over when the audible signal sounds. **NOTES:** • For thin oven chips use the **LESS** key. • For thick oven chips use the **MORE** key.

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

AUTOCOOK

R-957M / R-95STM AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 6 Baked Potatoes	1 - 6 potatoes (pieces) 1 potato = approx. 250g	• Pierce each potato in several places and place towards the edge of the turntable. • Turn food over when the audible signal sounds. • After cooking, leave to stand wrapped in aluminium foil for 2 - 3 minutes.
AUTOCOOK 7 Rice/Pasta	0.1kg - 0.3kg	• Place rice/pasta in an appropriate sized bowl. • Add 300ml (1/2 pint) of boiling water per 100g (4oz) rice/pasta. • **Do not cover.** • Place in the centre of the turntable. • Stir when the audible signal sounds. • After cooking, stir and stand for 2 minutes before draining and rinsing in boiling water.
AUTOCOOK 8 Cake	0.8kg - 1.4kg	• Carefully follow the chosen recipe in the Cookery Book. • Place the cake in the oven on the low rack. **NOTES:** • Cakes recommended from the Cookery Book: Moist Carrot Cake (approx 1.1kg) Parkin (approx 1.4kg) Chocolate Brownies (approx 1.3kg) Lattice Cake (approx 0.8kg) Cherry and Almond Cake (approx 0.9kg) • **Do not use metal cooking utensils.**

IMPORTANT NOTE FOR READY MEALS:

- These menus are suitable for savoury microwave ready meals only.
- Always check food is thoroughly heated before serving, if necessary increase cooking time, using 70% microwave power level and check the food every minute.
- Remove outer cardboard packaging as instructed by the manufacturer.
- If the food container is made of aluminium foil, remove the food and place in suitable container, cover with microwave cling film and pierce in 5 places before heating. (See 'Suitable Cookware' on page 37).
- If the container is covered with aluminium foil, remove foil, re-cover with microwave cling film and pierce 5 times.

AUTOCOOK

R-967M / R-96STM AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 1 Oven Ready Pizza	0.2kg - 0.8kg	• Place the pizza directly on to the low rack. **NOTES:** • For Frozen Pizza use the **MORE** key. • For very thin pizza use the **LESS** key.
AUTOCOOK 2 Crispy Crumb Foods Chilled & Frozen e.g. Fish fingers, Chicken nuggets, Chicken escalopes	0.1kg - 0.4kg	• Place the food in a flan dish on the high rack. • Turn the food over when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTE:** For Frozen Crispy Crumb foods use the **MORE** key.
AUTOCOOK 3 Baked Potatoes	1 - 6 potatoes (pieces) 1 potato = approx. 250g	• Pierce each potato in several places and place towards the edge of the turntable. • Turn food over when the audible signal sounds. • After cooking, leave to stand wrapped in aluminium foil for 2 - 3 minutes.
AUTOCOOK 4 Oven Chips Frozen	0.1kg - 0.4kg	• Place the chips in a flan dish on the high rack. • Turn the chips over when the audible signal sounds. **NOTES:** • For thin oven chips use the **LESS** key. • For thick oven chips use the **MORE** key.
AUTOCOOK 5 Yorkshire Puddings	1 - 8 pieces	• Prepare the batter. To make 8 Yorkshire puddings: 100g plain flour, 175ml milk, 1 egg (medium), pinch of salt. • Place the flour and salt into a bowl and make a well. Add enough milk to make a thick paste. Add the remaining milk and eggs and whisk. Leave to stand for approx. 15 minutes. • Place 5 ml (1 tsp) oil into 1-8 Yorkshire pudding moulds. • Place one tray on the low rack, the other (if using) on the high rack. • Enter quantity 1-8 pieces and the oven will preheat. • When the oven has preheated remove the tray(s) from the oven and pour equal quantites of batter into the hot oil in each mould. • Press the **START/AUTO MINUTE** key.

AUTOCOOK

R-967M / R-96STM AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 6 Cake	0.8kg - 1.4kg	• Carefully follow the chosen recipe in the Cookery Book. • Place the cake in the oven on the low rack. **NOTES:** • Cakes recommended from the Cookery Book: Moist Carrot Cake (approx 1.1kg) Parkin (approx 1.4kg) Chocolate Brownies (approx 1.3kg) Lattice Cake (approx 0.8kg) Cherry and Almond Cake (approx 0.9kg) • **Do not use metal cooking utensils.**

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

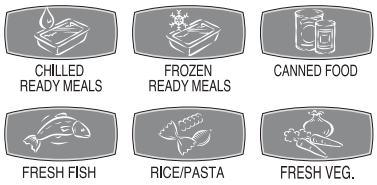
NOTES:
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key as instructed in the chart.
- When action is required (example, to turn food over), the oven stops, the audible signal sounds and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- AUTOCOOK menus (except AUTOCOOK 1, 2 and 7 on R-957M / R-95STM) use a combination of microwave power and grill or convection.
- The shelves are not suitable for AUTOCOOK.

WEIGHT RANGE:
- Weigh all foods prior to cooking as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg (100g) or 1oz, for example, 0.65kg (650g) to 0.7kg (700g) and 12.5oz to 13oz.
- Ready Meals, AUTOCOOK 1 & 2, should be rounded up to the nearest 0.05kg, for example, 0.34kg (340g) to 0.35kg (350g).
- **You are restricted to cook a weight within the range given in the charts.**
- To cook weights or foods not included in the chart, please refer to the charts in the Cookery Book.
- You can enter the weight in Lb/oz or Kg/g. To change to either weight unit press the **WEIGHT CONVERSION** key once before entering the weight. See page 32.

SENSNCOOK (R-967M / R-96STM)

SENSNCOOK enables you to cook a range of foods using Sensor technology.

SensNcook



For cooking instructions please refer to the chart on pages 27 - 28.

Press the selected key once and the oven will automatically start to cook after 2 seconds.

Follow the example opposite for more details on how to operate this function.

Example:
To cook 0.1kg Rice.

1. Press the **RICE/PASTA** key once.

x1

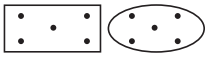
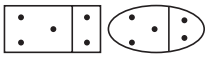
After 2 seconds the oven will start cooking automatically.

IMPORTANT NOTES FOR SENSNCOOK:

- After the oven is plugged in, wait 2 minutes before using SENSNCOOK.
- Once a SENSNCOOK programme has started, do not open the door or press the **STOP/CLEAR** key until the menu has stopped flashing on the display. During this time, Sensor technology detects the humidity emitted from the food, as it heats, to determine the cooking time. Opening the door or stopping the oven disturbs the humidity and affects the cooking result.
- For best results when using SENSNCOOK, ensure both the oven and cookware are dry and cool. Wipe off any moisture from the outside of the cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking.
- If the food container is made of aluminium foil, remove the food and place in a suitable container, cover with cling film and pierce in 5 places before heating. (See 'Suitable Cookware' on page 37).
- If the food container is not covered, or is not sealed correctly, cover with microwave cling film and pierce in 5 places.
- If the food container is damaged, cracked or split, follow food manufacturers' cooking instructions - **Do not use SENSNCOOK**.
- Press the **MORE** or **LESS** keys once within 2 seconds after pressing the **SensNcook** key as instructed in the chart on pages 27 - 28.
- When action is required (example, to turn food over), the oven stops, the audible signal sounds and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The SENSNCOOK food programme is only suitable for the food types and weights given in the chart on pages 27 - 28. To cook weights or foods not included in the chart, please refer to the charts in the Cookery Book.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- The SENSNCOOK function can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.

SENSNCOOK (R-967M / R-96STM)

SENSNCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
Chilled Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.3kg - 0.8kg	• See and follow the IMPORTANT NOTE FOR READY MEALS on page 28. • For one section containers use a skewer to pierce film in 5 places.  • For two section containers, pierce using a skewer.  Pierce meat/main section 3 times and rice/pasta section twice. • For food contained in bag(s), pierce 5 times on one side. Cook pierced side-up. • Where bags come already perforated, do not pierce. • Place on the turntable. • Stir, if possible, when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTES:** • For **stirrable** foods, including food in bags, stir or manipulate contents when the audible signal sounds. • For **non-stirrable** foods, press the **MORE** key. (It is not necessary to stir.) • It is not possible to use the **LESS** key for these menus.
Frozen Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.3kg - 0.8kg	
Canned foods e.g. Baked Beans, Chilli, Curry, Stew, Macaroni, Ravioli, Soup	0.2kg - 0.8kg	• Empty contents of the can into a suitable sized dish. • Cover with microwaveable cling film and pierce in 5 places. • Place in the centre of the turntable. • Stir and re-cover, when the audible signal sounds. • After cooking, stir and leave to stand, covered, for 2 - 3 minutes before serving.
Fresh Fish (fillets, steaks)	0.1kg - 0.6kg	• Arrange in a single layer in a large flan dish. • Cover with microwaveable cling film and pierce in 5 places. • Place in the centre of the turntable. • After cooking, leave to stand for 2 - 3 minutes before serving. **NOTE:** For oily fish, e.g. Salmon, use the **LESS** key.

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

SENSNCOOK (R-967M / R-96STM)

SENSNCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
Rice/Pasta	0.1kg - 0.3kg	• Place into a suitable sized dish and add boiling water. • **Do not cover.** • Place in the centre of the turntable. • Stir when the audible signal sounds. • After cooking, stir and stand for 2 minutes before draining and rinsing in boiling water. **NOTES:** • RICE: Add 300ml boiling water per 100g (4oz). • PASTA: Add 400ml boiling water per 100g (4oz).
Fresh Vegetables	0.1kg - 0.6kg	• Place the prepared vegetables into a suitable sized dish. • Add 15ml (1 tbsp) of water per 100g (4oz) of vegetables. • Cover with microwaveable cling film and pierce in 5 places. • Place in the centre of the turntable. • After cooking, stir and leave to stand, covered, for 2 - 3 minutes before serving.

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

⚠ WARNING:
The door, outer cabinet, oven cavity, turntable and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

IMPORTANT NOTE FOR READY MEALS:

- These menus are suitable for savoury microwave ready meals only.
- Always check food is thoroughly heated before serving, if necessary increase cooking time, using 70% microwave power level and check the food every minute.
- Remove outer cardboard packaging as instructed by the manufacturer.
- If the food container is made of aluminium foil, remove the food and place in suitable container, cover with microwave cling film and pierce in 5 places before heating. (See 'Suitable Cookware' on page 37).
- If the container is covered with aluminium foil, remove foil, re-cover with microwave cling film and pierce 5 times.

CONVENIENT FUNCTIONS

1. SEQUENCE COOKING

This function allows you to cook using up to 4 different stages which can include Microwave, Grill, Convection or Dual Cooking.
Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage.

Example:
To cook for:
5 minutes on 70% microwave power (Stage 1)
6 minutes on Grill (Stage 2)
3 minutes on Dual-1, 200°C,
30% microwave power (Stage 3)

STAGE 1

1. Enter the cooking time by pressing the **1 MIN.** key 5 times.

2. Input the power level by pressing the **MICRO. POWER** key twice.

STAGE 2

3. Enter the cooking time by pressing the **1 MIN.** key 6 times.

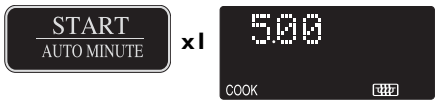
4. Select Grill by pressing the **GRILL** key once.

STAGE 3

5. Enter the cooking time by pressing the **1 MIN.** key 3 times.

6. Select Dual-1 by pressing the **DUAL CONV./GRILL** key once, then change the convection temperature by pressing the **CONV. °C** key 3 times.

7. Press the **START/AUTO MINUTE** key once to start cooking.



NOTE: If 100% is required on the final stage, it is not necessary to input the power level.

2. AUTO MINUTE

AUTO MINUTE enables you:
- To cook on 100% microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

NOTE: The overall time can be extended to a maximum of 99 minutes.

Example: To cook for 2 minutes, press the **START/AUTO MINUTE** key twice.

CONVENIENT FUNCTIONS

3. LESS AND MORE

The **LESS (▼)** and **MORE (▲)** keys enable you to:

- Cook/defrost food for less or more time than the automatic programmes.
- Decrease or increase cooking/defrosting time whilst the oven is in use (manual cooking only).

TO USE WITH AUTOMATIC PROGRAMMES:

EXPRESS COOK / EXPRESS DEFROST / AUTOCOOK
Press the **LESS (▼)** / **MORE (▲)** key before pressing the **START/AUTO MINUTE** key.

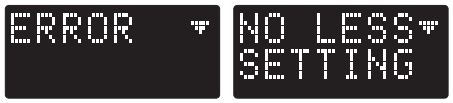
SENSNCOOK (R-967M / R96STM)
Press the **LESS (▼)** / **MORE (▲)** key within 2 seconds after pressing the desired key.

Example:
If you prefer Baked Potatoes which are cooked, but still firm, use the **LESS (▼)** key.

Alternatively, if you prefer Baked Potatoes softer, use the **MORE (▲)** key.

NOTES:

- If you select MORE the display will show, (▲). If you select LESS, the display will show, (▼).
- Some menus cannot use the LESS function. If you select LESS for them, then press the **START/AUTO MINUTE** key,



will be displayed.

- To cancel LESS / MORE, press the same key again.
- To change MORE to LESS, press the **LESS (▼)** key.
- To change LESS to MORE, press the **MORE (▲)** key.

TO USE WITH MANUAL COOKING:

Example:
To cook for 10 minutes on 50% microwave power and then decrease the cooking time by 2 minutes.

1. Enter the cooking time by pressing the **10 MIN.** key once.

2. Input the power level by pressing the **MICRO. POWER** key 3 times.

3. Press the **START/AUTO MINUTE** key once to start cooking.

4. Reduce the cooking time by pressing the **LESS** key twice.

The cooking time is reduced by 2 minutes and continues to count down.

NOTES:

- The cooking/defrosting time will increase/decrease in multiples of 1 minute.
- The overall time can be extended to a maximum of 99 minutes.

CONVENIENT FUNCTIONS

4. AUTO START

AUTO START enables you to programme the oven to cook at any time during the:

- next 12 hours (if the 12 hour clock is set).
- You can only use AUTO START with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.

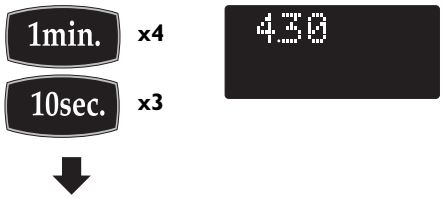
NOTES:

- The AUTO START time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- Once the oven is programmed for AUTO START the display will show the AUTO START time.
- If you want to cancel a AUTO START programme, press the **STOP/CLEAR** key.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with AUTO START.
- If you press and hold the **AUTO START/CLOCK** key, the AUTO START time will be displayed until you release your finger from the key.

IMPORTANT:
It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.

Example:
The current time of day is 1:00pm and you want to programme the oven to reheat a casserole on 50% for 40 minutes at 4:30pm.

1. Enter the desired start time by pressing the **1 MIN.** key 4 times, then the **10 SEC.** key 3 times.

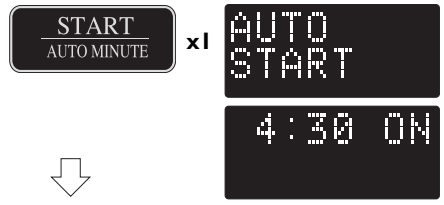


2. Press the **AUTO START/CLOCK** key once to set the start time for cooking.

3. Enter the desired cooking time by pressing the **10 MIN.** key 4 times.

4. Input the power level by pressing the **MICRO. POWER** key 3 times.

5. Press the **START/AUTO MINUTE** key once to start the programme.



When the oven starts at 4:30pm, the preprogrammed sequence will start.
The cooking time and mode will appear on the display.

CONVENIENT FUNCTIONS

5. KITCHEN TIMER

Use the KITCHEN TIMER as a minute timer or to monitor the standing time for cooked/defrosted food.

NOTES:
- You can enter any time up to 99 minutes, 90 seconds.
- To cancel the KITCHEN TIMER simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.
- The KITCHEN TIMER function cannot be used whilst the oven is in use or when the AUTO START function is set.

Example:
To set the timer for 5 minutes.

1. Press the **KITCHEN TIMER** key once.

x1

2. Enter the desired time by pressing the **1 MIN.** key 5 times.

x5

3. Press the **START/AUTO MINUTE** key once to the timer.

x1

6. WEIGHT CONVERSION

Your oven comes set for Kg (Kilograms).
Press the **WEIGHT CONVERSION** key to change Kg to Lbs or Lbs to Kg.

NOTES:
- If you change from Lbs to Kg, the display will show KG .
- The oven memorises the weight unit chosen, until the **WEIGHT CONVERSION** key is used again or if the power supply is turned off.

Example:
To change from Kg to Lbs when using EXPRESS DEFROST "Chicken Portions", 2lb 10oz.

1. Press the **CHICKEN PORTIONS** key once.

x1

2. Press the **WEIGHT CONVERSION** key to change from Kg to Lbs.

x1

3. Enter the weight by pressing the **WEIGHT DOWN** key once.

x1

4. Press the **START/AUTO MINUTE** key once to start defrosting.

x1

CONVENIENT FUNCTIONS (R-957M / R-95STM)

7. INFORMATION GUIDE

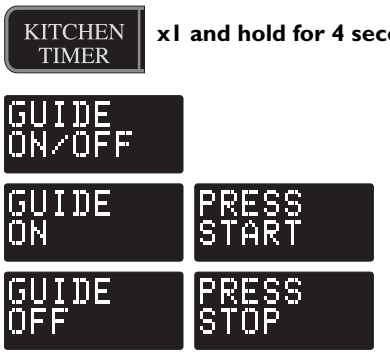
The Information Guide provides a step-by-step information guide to the keys on the oven.

Your oven comes set with the Information Guide ON.

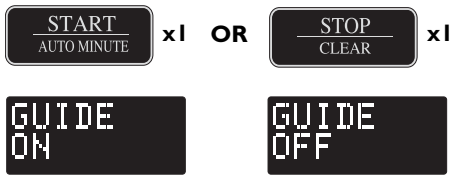
This will assist you to determine:
- The next action towards completing any programme (manual or automatic).
- Weight ranges for automatic programmes.

Guide on/off allows you to turn the information guide on or off.

1. Press and hold the **KITCHEN TIMER** key for 4 seconds.



2. Press the **START/AUTO MINUTE** key to turn the information guide on, or, press the **STOP/CLEAR** key to turn the information guide off.



The display will return to the time of day, if set.

CONVENIENT FUNCTIONS (R-967M / R-96STM)

8. INFORMATION GUIDE

The **INFO** key provides a step-by-step information guide to the keys on the oven. Your oven comes set with the Information Guide ON.

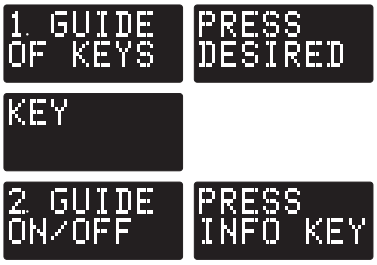
There are two options (A and B) when you use the **INFO** key:

A. GUIDE OF KEYS allows you to press a key to display information about it.

Example:
To display the information for EXPRESS COOK "Frozen Roast Pork".

1. Press the **INFO** key once. Info will appear on the display.

x1



2. Press the **ROAST PORK** key once to select Chilled Roast Pork.

x2

NOTES:

- The display will flash a series of messages, including weight range and action required during or after cooking, e.g. when to stir or turn food.
- The message will be repeated twice, then the display will return to the time of day, if set.
- If you want to cancel the guide, press the **STOP/CLEAR** key.

B. GUIDE ON/OFF allows you to turn the information guide on or off.

1. Press the **INFO** key twice.

x2

2. Press the **START/AUTO MINUTE** key to turn the information guide on, or, press the **STOP/CLEAR** key to turn the information guide off.

x1 OR

x1

The display will return to the time of day, if set.

NOTE: Whenever Info is lit on the display, it is possible to press the Info key to obtain further information. (This is possible even when the information guide has been turned off.)

MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.

COOKING ADVICE NOTES:

- **Always attend the oven when in use.**
- **Ensure that the utensils are suitable for use in a microwave oven. (See 'Suitable Cookware' on page 37).**
- Refer to the charts in the Cookery Book for recommended cooking times and power levels.

⚠ WARNING:
Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the jar/container to explode.

- Do not place hot foods/utensils on a cold turntable or cold foods/utensils on a hot turntable.
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.

WARNING:
Follow instructions in the SHARP operation manual at all times.
If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and, in extreme circumstances, catch fire and damage the oven.

Cooking Techniques	
Arrange	Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks. Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.
Cover	Certain foods benefit from being covered during microwave cooking, follow recommendations where given (see pages 3 - 10 in the Cookery Book). Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages. **NOTE: Eggs should not be heated using microwave power as they may explode, even after cooking has ended. e.g. poached, fried, hard boiled.**
Stir, turn and rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

MICROWAVE COOKING ADVICE

Food Characteristics	
Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

SUITABLE COOKWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Dual Cook	Conv-ection	Comments
Aluminium foil Foil Containers	✔ / ✘	✔	✔ / ✘	✔	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil ®, follow instructions carefully.
Browning dishes	✔	✘	✘	✘	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✔ / ✘	✘	✔ Dual Conv. only	✔	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex ®	✔	✔	✔	✔	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✘	✔	✘	✔	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✔	✘	✘	✔ / ✘	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✔	✘	✘	✘	Should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✔	✘	✘	✔ / ✘	Must be pierced to let steam escape. Ensure bags are suitable for microwave or convection use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper plates/cups and kitchen paper	✔	✘	✘	✘	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✔	✘	✘	✘	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✘	✘	✘	✘	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Racks	✔	✔	✔	✔	The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.
Square shelves	✘	✘	✘	✔	Use supplied shelves with Convection only.

WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

DEFROSTING ADVICE

Using your microwave oven is the quickest defrosting method.
It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 30% or 10%.
- Please refer to the defrosting chart on page 3 in the Cookery Book for further information.

Rearrange	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting. e.g. bacon rashers, chicken fillets.
Shield	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.
Turn over	It is essential that all foods are turned over up to 4 times during defrosting. This is important to ensure thorough defrosting.

REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

Plated meals	**Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	
Sliced meat	Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. **NOTE:** Ensure the meat is thoroughly reheated before serving.	
Poultry portions	Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating. **NOTE:** Ensure the poultry is thoroughly reheated before serving.	
Casseroles	Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.

The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

CLEANING & MAINTENANCE

OVEN INTERIOR

- It is important to clean the interior of your microwave oven after each use.
- To clean the oven interior, use a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- Food and liquid splashes will build-up on the oven walls and ceiling. If grease, fat and food debris is allowed to build-up in the oven interior it may overheat, smoke or even catch fire when next using the oven.
- Keep the **waveguide cover** clean at all times. The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above). NOTE: Excessive soaking may cause disintegration of the waveguide cover. The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.
- Food will release steam during cooking and cause condensation inside the oven and door. It is important to wipe the oven dry. A build-up of condensation will eventually lead to rust forming on the oven interior.

⚠ Do not allow grease or dirt to build-up on the door seals or areas around the door. This may prevent the door from closing correctly and may cause a leakage of microwaves (follow the cleaning instructions opposite).

- Ensure the turntable, support and accessories are cleaned after every use with a mild washing-up liquid solution and dried. This will prevent the build-up of grease and food debris. The turntable and accessories are dishwasher safe.

Cleaning tip - For easier cleaning of your oven:
Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100P for 10 - 12 minutes. Wipe the oven clean using a soft, dry cloth.

OUTER CABINET

- Wipe the outside of the microwave oven with a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- The control panel must be wiped clean and dried with the door open, therefore inactivating the oven.

GRILL

- It is important to keep the grill clean at all times.
- Food and liquid splashes build-up and stick to the grill, which may cause smoke and possibly fire when next using the oven (follow the cleaning instructions above).

NOTES:

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.
- Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor. Excess water spillage through these holes will cause damage to the oven interior.
- Slight tarnishing of the oven cavity, around the area of the grill, is likely to occur. This is normal and will not affect the ovens performance.
- Failure to maintain your oven in a clean condition could adversely affect the life of the oven and possibly result in a hazardous situation.

⚠ **WARNING:**
The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. To prevent burns, always use thick oven gloves.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?

Take the cup of water out of the oven and close the door. Programme the oven to cook for 3 minutes using the top and bottom grills.

6. After 3 minutes, does the grill heating element become red?

Programme the oven to cook for 3 minutes using the convection on 180°C.

7. After 3 minutes, is the oven cavity hot?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart on the following page.

NOTES:

- If you cook food for more than the standard time (see chart opposite) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating element will turn on and off.
- After manual or automatic cooking using the Grill, Dual Cook or Convection modes, the cooling fan will switch on to cool the oven cavity. When the cooling fan works, the display may show "NOW COOLING". To clear it, press the **STOP/CLEAR** key and the display will return to the time of day, if set.
  During these modes, the cooling fan will carry on working after you have pressed the **STOP/CLEAR** key. You may feel hot air blowing out of the air-vent openings.

⚠ WARNING:
Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs.
This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal.
  Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

IMPORTANT:
If the display is blank and has gone dark, even if the power plug is properly connected, the oven may be in Energy Save Mode. To cancel it, open and then close the oven door, see page 9.

Cooking Mode	Standard Time
Microwave 100% cooking	20 Minutes
Grill cooking	15 Minutes
Dual cooking with	
Microwave 100% and Grill	Microwave 15 Minutes Grill 15 Minutes
Microwave 70% and Grill	Microwave 40 Minutes Grill 15 Minutes
Microwave and Convection	Microwave 40 Minutes

TROUBLESHOOTING

TROUBLESHOOTING CHART

QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.
The display shows different messages from "ENERGY SAVE MODE" when you plug the oven in and open the door. You are unable to programme your oven or the microwave energy does not pulse on and off during use.	Your oven may be set in Demo Mode. Follow these steps to cancel the demo mode. 1. Press the **STOP/CLEAR** key once. 2. Press and hold the **STOP/CLEAR** key for 10 seconds until you hear until you hear the oven beep for a second time. 3. Quickly press the **STOP/CLEAR** key 10 times within 10 seconds. 4. The oven display will show "DEMO OFF".

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown:

Green and yellow stripes	=	**EARTH**
Blue	=	**NEUTRAL**
Brown	=	**LIVE**

As the colours in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E **or** ⏚ **or** coloured green **or** coloured green and yellow.
- The blue wire to the plug terminal marked N **or** coloured black **or** coloured blue.
- The brown wire to the plug terminal marked L **or** coloured red **or** coloured brown.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230-240V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

⚠ **WARNING: THIS APPLIANCE MUST BE EARTHED**
If you have any doubts about your electrical supply ask a qualified electrician.

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre. Telephone: 08705 274277 (office hours).
- For general information and assistance with oven queries, please contact our **Customer Information Centre:**
  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: www.sharp.co.uk/customersupport
- Replacement accessories may be obtained from our main parts distributor:
  Willow Vale Electronics Ltd.
  Telephone: 0121 766 5414

GUARANTEE

Subject to the conditions listed below, SHARP Electronics (UK) Ltd, hereafter called "the Company", guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables, Turntable supports or Waveguide covers), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee:

1. This Guarantee shall only apply to defects or faults which are notified to the Company, or a SHARP approved service facility, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.
2. This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting and reheating of food. SHARP declines any liability for damages caused by improper use.
3. This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a SHARP approved service facility.
4. Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.

5. In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which was supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the SHARP Customer Information Centre. You will then be given details of how to obtain service.
   Customer Information Centre:
   U.K.: 08705 274277 (office hours)
   Ireland: 01 676 0648 (office hours)
   When contacting the Customer Information Centre you may be asked to provide the MODEL NUMBER and the SERIAL NUMBER of the oven. These are located on the inside, to the left of the control panel.
6. This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SPECIFICATIONS

AC Line Voltage	Single phase 230-240V, 50Hz
Power Consumption:	
Microwave	1.55kW
Grill	2.85kW
Convection	2.85kW
Microwave/Grill	2.95kW
Microwave/Convection	2.95kW
Input Current:	
Microwave	6.7A
Output Power:	
Microwave	900W (IEC 60705)
Grill	1400W
Convection	1400W
MAFF Heating Category	E
Microwave Frequency	2450Mhz
Outside Dimensions:	
R-957M / R-967M:	550(W) x 368(H) x 537(D)mm
R-95STM / R-96STM:	550(W) x 368(H) x 535(D)mm
Cavity Dimensions	375(W) x 272(H) x 395(D)mm *
Oven Capacity	40 litres *
Cooking uniformity	Turntable diameter 362mm
Weight	Approx. 23kg

* Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

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SHARP

Sharp Electronics (U.K.) Ltd
Manchester, U. K.

U.K.: 08705 274277 (office hours)
Ireland: 01 676 0648 (office hours)
Website: www.sharp.co.uk/customersupport

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Sharp Electronics (U.K.) Ltd
Manchester, U. K.

U.K.: 08705 274277 (office hours)
Ireland: 01 676 0648 (office hours)
Website: www.sharp.co.uk/customersupport

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